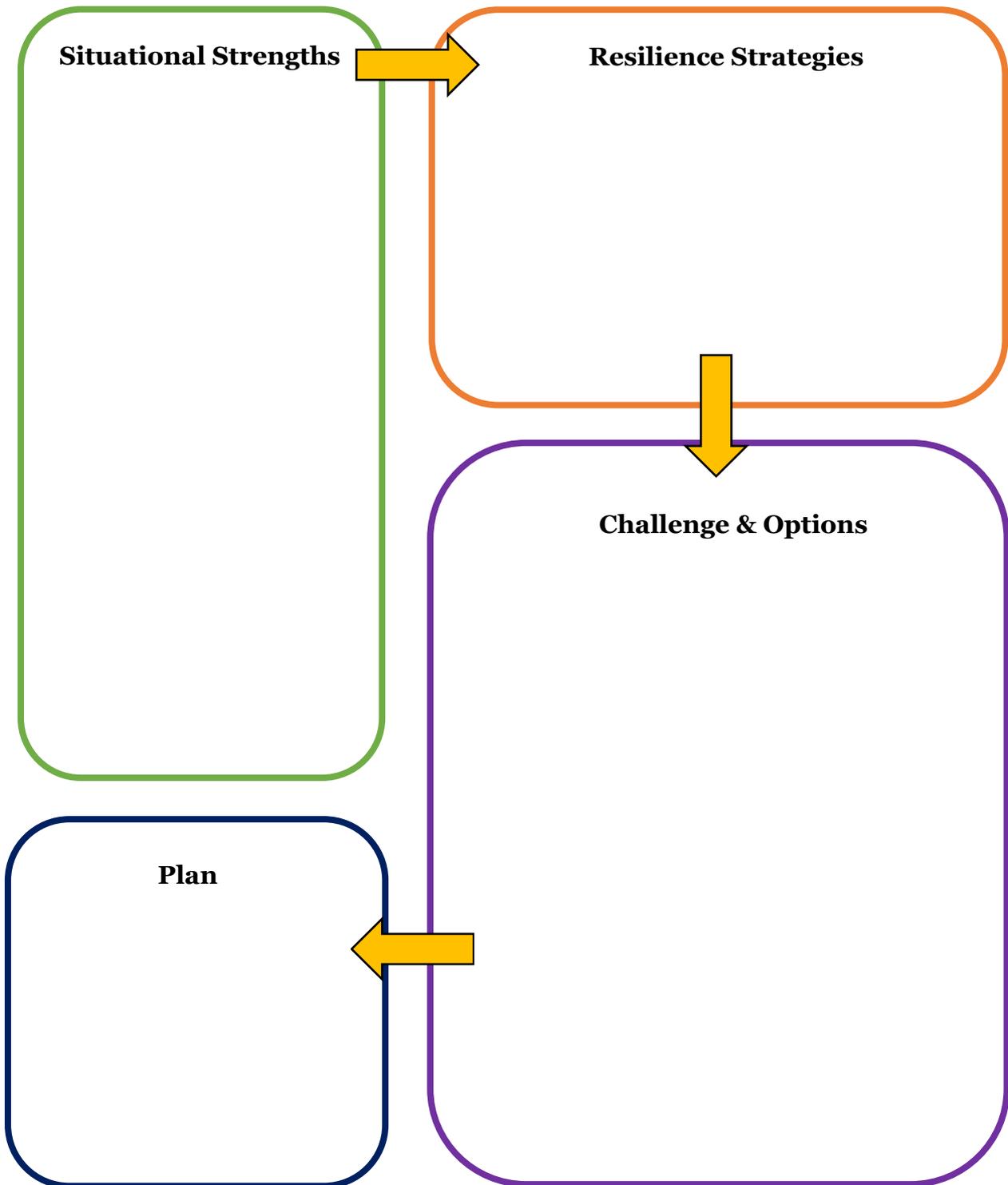


## A Strengths-Based Decision-Making Model

Use this model to identify your strengths and resilience strategies in thinking about how to deal with a challenge. Consider all possible options, then come up with a plan of action.



You can download a printer friendly version of this Strength-Based Decision-Making Model from: [www.mentalhealthwisdombook.com](http://www.mentalhealthwisdombook.com). Copyright © Antony Simpson, 2019.